Quotes on Semen Retention from Hindu Scripture

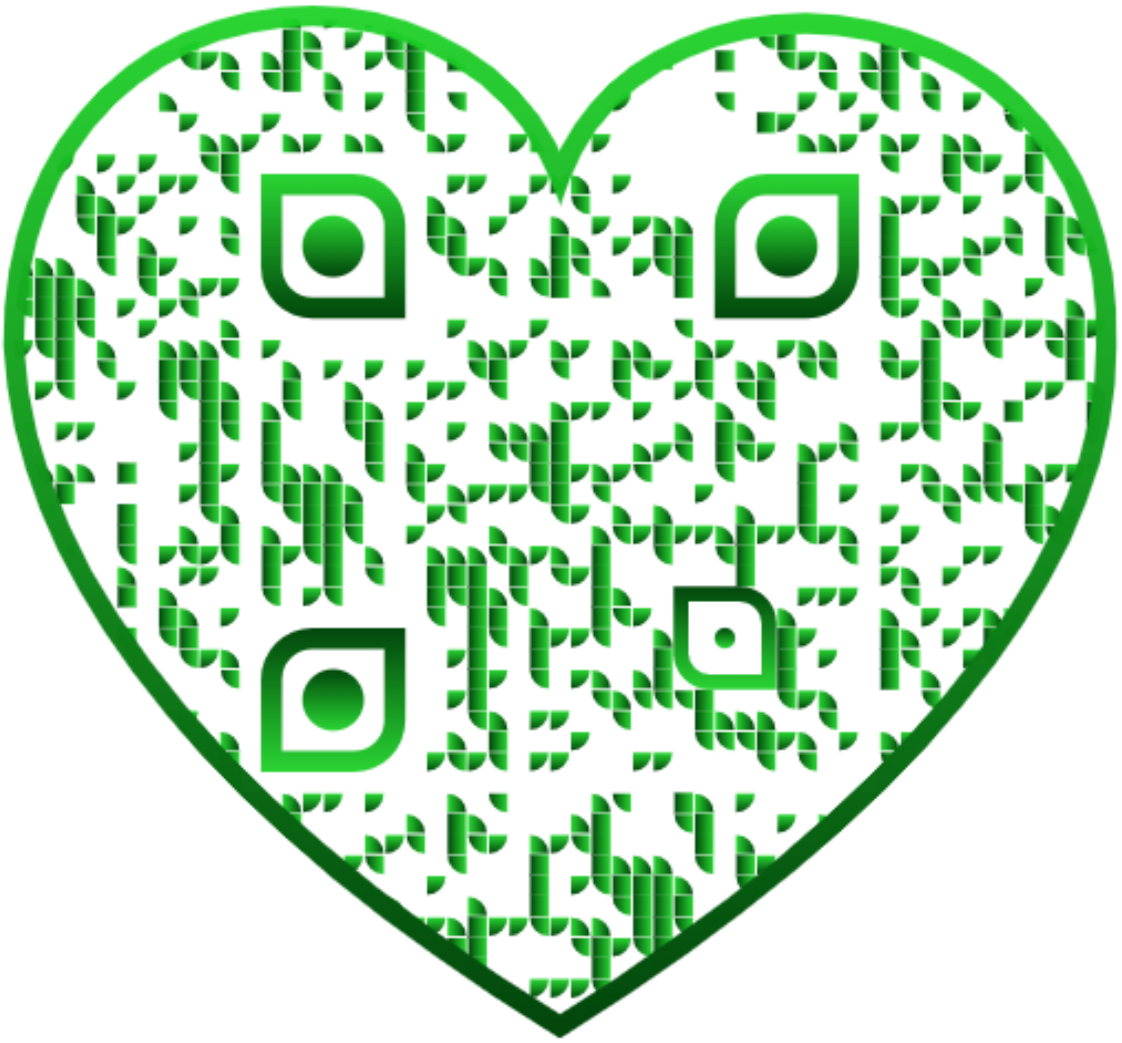
The evil after-effects that follow the loss of seminal energy are dangerous. Persons are physically, mentally and morally debilitated. The body and the mind refuse to work energetically, because the semen is not used up in the body to form *Ojas* that give vibrant health, strong will power and sound mind. Life for him who wastes his semen loses all zest, zeal and charm. He becomes the victim of a number of diseases like anaemia, loss of memory, gloominess, palpitation of heart, pain in the back, loins, head and joints, weak kidneys, fickle mindedness, pain in the testicles, physical and mental debility, nervous breakdowns, restlessness of mind, lack of thinking power and many more. He goes through hellish suffering.

Scripture declares emphatically:

"By the practise of *Brahmacharya*, longevity, glory, strength, vigour, knowledge, wealth, undying fame, virtues and devotion to truth increase."
Therefore, practice of celibacy is always commendable.

'Atharva Veda' declares: "I have abandoned the lust that wastes my seminal energy. I throw away those sexual desires forever as they destroy my strength, intelligence and health. I will never become a victim of sexual desires."

But what happens to one who does not lead the life of celibacy?
'Atharva Veda' says:
"Lust is the cause of diseases, dire diseases. It is the cause of death, fatal death. It makes one walk with tottering steps. It causes mental debility and retardation. It destroys health, vitality and physical well being. It burns all the *Dhaatus* (viz.chyle, blood, flesh, fat, bone, marrow and semen). It pollutes the purity of mind."



'Yajnavalkya Samhita' states:"*Brahmacharya* is abstaining from all kinds of *Maithuna* or sexual enjoyment forever, in all places and in all conditions - physically, mentally and verbally." The great sage Vyasa said:'To abandon the pleasure gained through the sexual organs by restraint is defined as celibacy."

Lord Siva said to Goddess Parvati:"O Parvati! What is there on this earth which cannot be accomplished if one has control over his sexual fluid?" That is, all powers reside at the divine feet of the Enlightened *Urdhvareta* (one who is able to sublimate his sexual energy through the practice of yoga). In fact, *Siddhis* (divine powers) become his facile servants. Such a Sadhaka can attain Self-Realisation within a short span of time. Even the gods (deities) have attained immortality through *Brahmacharya*.

"The gods have conquered death by *Brahmacharya* and penance. Indra, the King of gods, has attained a still higher status, through the self-discipline of *Brahmacharya*." (Atharva veda: 1. 5. 19)

Lord Siva said:"Celibacy alone is the supreme penance. Of course, other penances (such as keeping fast and silence etc) are good in their place, but they are all inferior to *Brahmacharya*. That *Urdhvareta* saint who has done penance over the restraint of the sexual organ is not a human-being but a God."

Brahmacharya is also hailed in Jain scriptures."*Brahmacharya* is the supreme penance."

Semen is found in a subtle state in all the cells of the body. Just as milk is thinned after the butter is removed, so also, semen is thinned by its wastage. The more the wastage of semen, the more the body deteriorates and weakens. The preservation of semen is the secret of good health and longevity, and of all success in the physical, mental, intellectual and spiritual planes. He who has even a little bit of *Brahmacharya* will tide over a crisis of any disease very easily. One who follows *Brahmacharya* strictly is usually not afflicted by any disease. That is why, in scripture, it is said:

"Death is hastened by letting out semen from the body. Life is saved and prolonged by preserving it. Semen is the real vitality in men. It is the hidden treasure in man."

"There is no doubt that people die prematurely by letting the semen out of the body. Knowing this, the Yogi should always preserve semen and lead a life of strict celibacy." - Siva Samhita

In Jain Scripture, it is said:"Of the myriad vices, lust is the worst." - (*Dasa Vaikalika)*

'*Atharva Veda*' declares:"Celibacy is the supreme religious observance."

After Dhanvantari, founder of Ayurveda taught all details about this science, his students enquired about its keynote (essence). In reply, the master asserted:" I tell you that *Brahmacharya* is truly a precious jewel. It is the one most effective medicine-nectar indeed-, which destroys diseases, decay and death. For attaining peace, brightness, memory, knowledge, health and Self-realisation, one should observe *Brahmacharya*, the highest *Dharma*, the highest knowledge, the greatest strength. Of the nature of *Brahmacharya* is verily this *Atma* and in *Brahmacharya* it resides. Saluting *Brahmacharya* first, the cases beyond cure, I cure, Aye, *Brahmacharya* can undo all the inauspicious signs."

All the sages, saints and founders of religions have sung the glory of celibacy. The great Yogi Gorakhandtha, chanting in praise of semen has said:"As a fair lady grieves due to separation from her beloved, so does an ascetic (Yogi) due to his separation from his semen."

"By the power of the composure of semen, one will become just like Myself." - Lord Siva